

Keep Seniors Driving Safe



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Iron Mountain Post

Goal of Presentation



- Help keep older drivers - driving safely for as long as possible

Why Is Driving So Important?

- Way of life - independence
- Transport us where we want, when we want



How Has Your Driving Changed?

- Think about when you first began driving.
- Driving in your 20's through 40's.
- Driving after 50...
- Has your driving changed?

Concerns



- Older drivers are more prone to serious injury or to be killed in a crash
- In Michigan in 2011, nearly 20% of all traffic fatalities involved a driver age 65+

Older Driver Facts

- Higher safety belt use rates
- Lower alcohol-related crash rates



Older Driver Fact

- Usually moderate and self-monitor their driving.



More Facts...

- Aging does not affect all drivers the same rate or way.
- Health status may affect ability to drive.
- Driving may also be important to your health.

Still More Facts...

- Drivers over 65 travel 8% of all miles driven in the US.
- 20% of traffic fatalities (in MI) occur where at least one driver is 65 or older.
- 2000: 12% of population
- 2030: 20% of population

Driver's Responsibility

- Maintain high-quality driving habits for your safety and the safety of others



Engineering Initiatives

Advance Street Name



STOP Ahead sign



Intersection Ahead sign



Ingham County, MI - all roads, 1980+

Larger & Brighter Lights



OLD - 8" lens



NEW - 12" lens
LED

High Intensity vs. Fluorescent Yellow



Nighttime Side-by-Side

Clearview

Series E Modified

14 FT. 2 IN.

Jefferson Ave
WEST
Civic Center



Jefferson Ave
EAST



EXIT ONLY



City of Detroit's Street Name Signs



NEW - 6" Clearview
High Intensity Sheeting

OLD - 5 3/8" Hwy Series D
Engineering Grade Sheeting

Impact of Aging on Driving

- Cognition
- Physical Condition

Impact of Aging on Driving



- Vision decreases
- Hearing decreases

Ask Yourself...

- Can I improve my driving habits?



Ask Yourself...

- Public transportation or alternative options?



Ask Yourself...



- Does my medication conflict with safe driving?
- Seniordriving.aaa.com/

Actions To Improve Driving

- Maintain strength, endurance, and flexibility
- Know your medications and how they affect your driving

Actions To Improve Driving

- Stay sharp and alert
- Have your eyes checked annually
- Visit your doctor regularly
- Get adequate sleep and rest

AARP[®] Driver Safety Program



**LEARN MORE
ABOUT AARP
DRIVER SAFETY**

SEE WHAT AWAITS

**LOOKING FOR
A CLASSROOM
COURSE?**

FIND ONE NEAR YOU



Check your driving abilities...
Conveniently, confidentially and
from the comfort of home!



Roadwise Review™



A Tool to Help Seniors
Drive Safely Longer

powered by DRIVINGHEALTH® INVENTORY

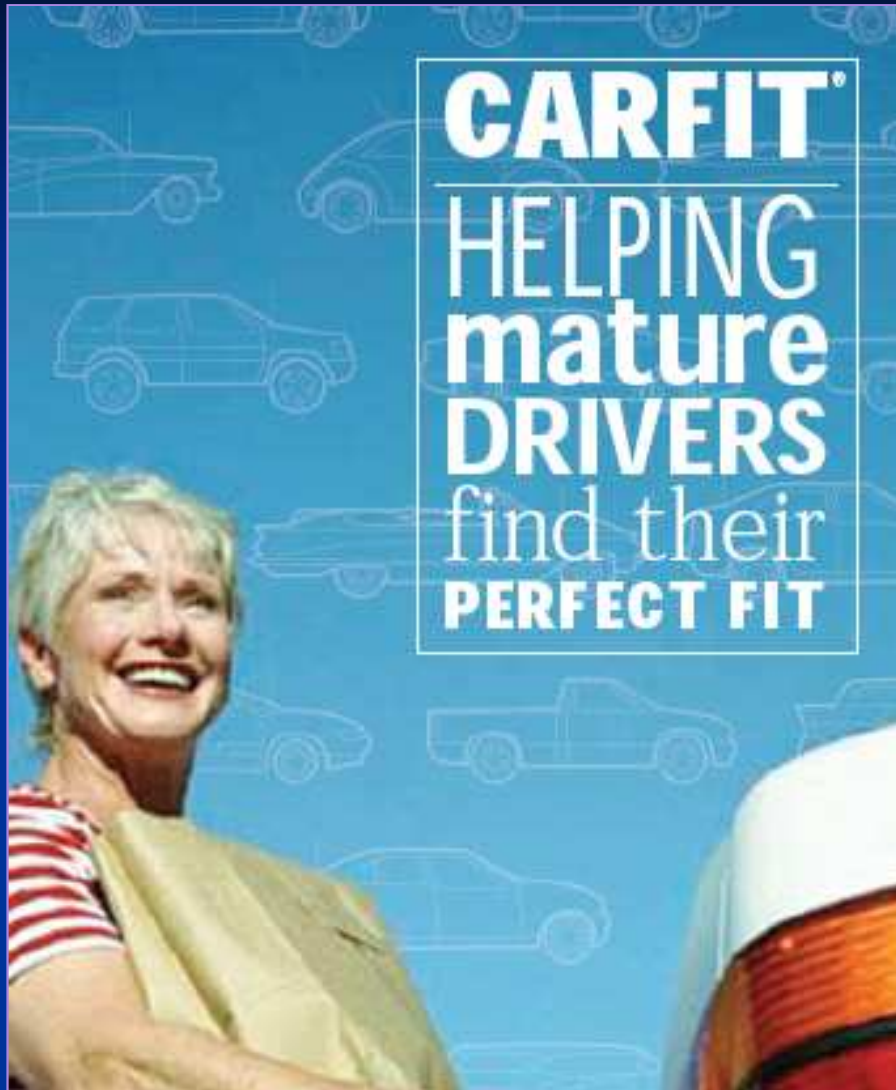
What Users Tell Us About Roadwise Review...

*"If you take the test and you do well, it gives you confidence.
If you have concerns, you'll learn about what you
can do to keep driving safely."*

"...very well set up, easy to follow and move through..."



**Foundation
for
Traffic Safety**



Why CarFit?

- Ill-fitting vehicles can make it uncomfortable and unsafe to drive.
- Things change as we grow older.
We need to adapt to these changes.
- CarFit can help you fit your vehicle better.

Develop Strategies

- Encourage self- assessment to evaluate driving performance.
- Alternative transportation plan.

Agree to Safe Limits

- Consider restricting your driving.
- Choose safe routes.
- Know your abilities.



We Need To Talk

- AARP on-line program
- Free on-line seminar to help you assess your loved ones' driving skills
- Provides tools to help you have this important conversation
- www.aarp.org

Warning Signs

- Having a series of minor accidents or near misses.
- Being spoken to about your driving by police, family, and friends.
- Having wandering thoughts or being unable to concentrate.
- Being unable to read ordinary road signs.



Warning Signs

- Be honest with yourself; if you are a danger on the road, take responsibility and try to improve your skills or stop driving.

Self Assessment Test

- Do you become nervous or anxious when approaching intersections?
- Is it difficult to judge gaps between oncoming vehicles when making a left turn.
- Do other drivers honk or pass you frequently, even when traffic is moving relatively slowly?
- Do you sometimes forget how to drive to familiar places?
- Do you have trouble turning to look over your shoulder?
- Do you have trouble recognizing or observing traffic signs and signals?
- Do you have trouble moving your foot from the gas to the brake pedal?
- Do other vehicles seem to “come out of nowhere?”

Self Assessment Test

- If you answered “yes” to any of these questions, then it may be time for a more formal assessment of your driving abilities.

We Want You To...

- Be aware – of your driving changes.
- Be safe on the roadway.
- Help keep others safe on the roadway.

Information/Resources/Education

- AAA (SeniorDriving.AAA.com)
- Driving for Live brochure (Michigan Dept. of State)
- AAMVA (granddriver.info/granddriver/)
- Florida (safeandmobileseniors.org)
- Iowa (iowasafeandmobileseniors.com)
- The Hartford (<http://www.thehartford.com/advance50/>)
- Michigan Office of Highway Safety Planning
(www.michigan.gov/ohsp)
- CarFit (www.car-fit.org/carfit)
- AARP (www.aarpdriversafety.org)
- American Occupational Therapy Association
www.aota.org/Older-Driver/Specialists.aspx

Questions?

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